

## #RunWithMok








A training plan to help you transition from the ST Run to the Dec 3 Singapore Marathon by Mok Ying Ren. He has a marathon personal best of 2:26:07 and is managed by ONEathlete.



# STANDARD CHARTERED SINGAPORE MARATHON 2017

**Week 4 of 15:** Sept 10-16

Visit [runone.co/scsm](http://runone.co/scsm) for individualised training programme and to track your progress

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 REST	 15min warm up; 8 sets (1min hard/90sec easy); 15min cool down	 REST	 60min	 REST	 REST	 70min



### EASY RUN

- **Purpose:** To build the aerobic running system, training your heart and muscles to adapt to the distance patiently.
- **How:** Be able to have a conversation during the run. If alone, try reciting the Singapore pledge. You should be able to do this comfortably.



### WORKOUT

- **Purpose:** To introduce intensity to train different energy systems.
- **How:** Pacing by feel is key. Start at a comfortable effort so that you can still finish the last set strong.



### REST

- **Purpose:** Rest allows the body to get stronger.
- **How:** Spend this day completing other tasks in your life. Let running take a back seat.